

# BALANCED PSYCHONAUTICS:

A map to reclaim your existence!  
by ChaoSurfing



# C1 Bio-Unit Maintenance

## Anchor

SECURITY

Degree of Physical confidence gained and maintained to ensure physical survival.

## Winner script

I will live forever or die trying

## Loser script

I don't know how to defend myself

## Need

Food, shelter, security, body needs to be deeply felt.

## Treadmill\*

Security addiction, control trip, anxiety disorders, relying on mommy or daddy, people or state authorities to take care of survival.

## Absorb

Listen to body signals

## Integrate

Feeling the body deeply, restore sense of personal safety when threatened, meet your needs, get in physical shape.

## Transmit

Commitment to self safety, self trust, inner child healing.

## Activating drug

Opium, nicotine, SSRI

## Programm

Fight/Flight

### EXERCISE

### NOTES

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1: Failure to integrate an experience

2: lack of communication

3: inertia due to absorbing more data than able to integrate and communicate



## Anchor

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## Winner script

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## Loser script

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## Need

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## Treadmill\*

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## Absorb

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## Integrate

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## Transmit

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## Activating drug

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## Programm

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### NOTES

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# C2 Sovereignty and emotional Processing

## Anchor

POWER

Degree of emotional confidence earned and maintained to assure personal worth.

## Winner script

I am free, you are free, we can have our separate trips or we can have the same trip.

## Loser script

They all intimidate me.

## Need

Ego-strength, personal territorial ownership, self importance, emotional honesty, status, emotional security, control.

## Treadmill\*

Possessiveness, dependency, emotional depletion, controlltrip, depression, powerplay, drama, paranoia, rebellion, apathy, boredom, submission to obedience, mind-body-dissociation, depersonalization, emotional OD, approval seeking, victim stories.

## Absorb

Feel emotions without story, clarity on emotional investment, numbness, armoring, less sensitivity.

## Integrate

Managing emotional supply, emotional investment list, code of honor, what is important to you, motivation, reclaim authority, define your status, define success.

## Transmit

Trust in own experience, strong flexible ego, express emotions, spontaneity, satisfy desires, sovereignty.

## Activating drug

Alcohol

## Programm

Dominance and aggression/ submission and cooperation

## EXCERCISE

## NOTES

\*

1: Failure to integrate an experience

2: lack of communication

3: inertia due to absorbing more data than able to integrate and communicate



## Anchor

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## Winner script

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## Loser script

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## Need

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## Treadmill\*

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## Absorb

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## Integrate

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## Transmit

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## Activating drug

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## Programm

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## NOTES

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# C3 Conceptual Mapmaking

## Anchor

SANITY

Degree of mental confidence earned and maintained to solve my daily problems.

## Winner script

I am learning more about everything, including how I learn more.

## Loser script

I can't solve my problems.

## Need

make sense of the world, problem solving, learning, analysis, semantics, talking, map making.

## Treadmill\*

Monkey Mind, unsanity, insanity, perception bias, dogmatism, logic is your bitch, tyrannical correctness over emotions, legend in your own mind, self-delusion, confusing what we know for who we are,

## Absorb

Comparison, association, deduction, reading, taking in information.

## Integrate

Think for yourself, interpret, assign meaning, identify your bias, contextualize data, use own words.

## Transmit

teach rearranged content, free self and others from limiting bias, detect and shift B.S. inner clarity, communicate B.S.

## Activating drug

speed, cocaine, caffeine

## Programm

Bright/Dumb

### EXERCISE

### NOTES

\*

1: Failure to integrate an experience

2: lack of communication

3: inertia due to absorbing more data than able to integrate and communicate



## Anchor

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## Winner script

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## Loser script

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## Need

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## Treadmill\*

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## Absorb

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## Integrate

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## Transmit

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## Activating drug

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## Programm

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### NOTES

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# C4 Social Navigation

## Anchor

BELONGING

Degree of social confidence earned and maintained to form bonds with others.

## Winner script

Love and do what thou wilt

## Loser script

Everything I like is illegal, immoral or fattening. I wanna get layed but I feel guilty

## Need

Belonging, courtship, friendship, love, tribe, community, sexual identity, domestication, ethics, religion.

## Treadmill\*

Manipulation, possessiveness, guilt, embarrassment, outcast, lone wolf, social ineptitude, resentment.

## Absorb

Socialization, domestication, navigating societal structures

## Integrate

Honest relating, defining your own ethics, relationship anarchy, develop a consciousness, integrity and commitment, deal with guilt, define friendship criteria.

## Transmit

Relate with anyone until my ethics are challenged, be present, build your own tribe. .

## Activating drug

MDMA, Oxytocin

## Programm

Moral/immoral  
Transmission of culture

## EXERCISE

## NOTES

\*

1: Failure to integrate an experience

2: lack of communication

3: inertia due to absorbing more data than able to integrate and communicate



## Anchor

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## Winner script

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## Loser script

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## Need

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## Treadmill\*

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## Absorb

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## Integrate

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## Transmit

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## Activating drug

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## Programm

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## NOTES

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# C5 Somatic Experiencing

## Shock

Ecstasy, High, Bliss, Happiness, absence of Pain (Somatic Rapture).

## Winner script

How I feel depends on my neurological know how.

## Loser script

I can't help the way I feel.

## Catalyst

Rapture, communion with nature, tantra, presence, here and now.

## Activating drug

Cannabis

## Absorb

Enjoy sensory experience

## Integrate

Embodied presence, navigate stimulus, regulate feelings and sensations.

## Transmit

Express desires and pleasures, teach embodiment, hold space and anchor others.

## Vertical Disconnect

Fear based low energy life concerned with security, bulimia, obesity, shopping addictions, fetish collections.



## Anchor

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## Winner script

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## Loser script

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## Catalyst

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## Activating drug

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## Absorb

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## Integrate

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## Transmit

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## Vertical Disconnect

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## EXCERCISE

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## NOTES

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## NOTES

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**Shock**

Novelty, uncertainty, autonomy, freedom, absence of dogmatic certitudes and self-investment (Innate Autonomy).

**Winner script**

I make my own synchronicities, luck and destiny.

**Loser script**

Why do I have so lousy luck.

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**Catalyst**

Awakening energetic body, psychic abilities developement, initiations.

**Activating drug**

Mescaline, Psilocybin

**Absorb**

Intuition, premonition, second attention, energy awareness, witness simultaneous realities

**Integrate**

Immersion, brain pleasure, interpret signals from second attention, reality selection, light body integration.

**Transmit**

Telepathy, creativity, metaprogramming CNS, relaxed sense of meaning, embracing the unknowing.

**Vertical Disconnect**

Poor baby, courtship compulsion, projection, mental health problems, skizzy paranoid space cadets, legends in your own mind, wander collective and personal unconscious like kite in thunderstorm

Power Loss, drama, control compulsion, loss of humor, grandiose sense of self importance.



**Anchor**

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**Winner script**

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**Loser script**

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**Catalyst**

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**Activating drug**

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**Absorb**

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**Integrate**

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**Transmit**

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**Vertical Disconnect**

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**EXCERCISE**

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**NOTES**

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**NOTES**

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# C7 Network Intelligence

## Shock

Unity, indivisibility, unknown, non-duality, absence of dualistic mind and experience (Unity).

## Winner script

Future evolution depends on my decision now.

## Loser script

Evolution is blind and impersonal.

## Catalyst

Muses, myths, heightened creativity, culture shocks, paradigm shifts, synchronicities, silence, deep listening (requires strong sober mind and humility), kundali awakening, procreating, synchronicities, archetypal invocation, cosmic consciousness.

## Activating drug

LSD, high dose Psilocybin, Ayahuasca, DMT

## Absorb

Invoke, connect with archetypes or muses, genius.

## Integrate

Interpret experience through symbols, intuition, imagination, insanity.

## Transmit

Create science, art, philosophy, control the metaphor, control the mind.

## Vertical Disconnect

Overthinking, paranoia, claustrophobia, anxiety, hyper-realist outlook, imagination death, alienation.



## Anchor

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## Winner script

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## Loser script

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## Catalyst

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## Activating drug

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## Absorb

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## Integrate

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## Transmit

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## Vertical Disconnect

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## EXERCISE

## NOTES

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## NOTES

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# Non-Local Essence

## Shock

Impermanence, death, void, absence of ego identification and release from the physical body (Non-locality).

## Winner script

In the province of the mind, what I believe to be true, becomes true within the limit of experience and experiment.

## Loser script

I am not Psychic.

## Catalyst

Near death experience, making a fool of yourself, destroy external B.S. Lucid dreaming, OOBIE.

## Activating drug

Ketamine, DMT

## Absorb

Enter Void, genuine embarrassment, Lucid dream.

## Integrate

Relax social persona, integrate multiple selves.

## Transmit

Be nobody, be magick.

## Vertical Disconnect

Alienation, endless social activity, personal trivialization, gossip mongering, loss of individuality to herd trends, overidentification with moralities, compulsion to be right all the time.

Helps: know what is worth living for, moral self responsibility, who is your tribe, commitment to your own truth.

### EXERCISE

### NOTES



## Anchor

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## Winner script

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## Loser script

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## Catalyst

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## Activating drug

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## Absorb

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## Integrate

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## Transmit

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## Vertical Disconnect

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### NOTES

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## Level of assesment on Circuit integration

**C1**

**RATE YOUR LEVEL IN THE SQUARE  
AND WRITE YOUR THOUGHTS ABOUT**

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**C2**

**RATE YOUR LEVEL IN THE SQUARE  
AND WRITE YOUR THOUGHTS ABOUT**

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**C3**

**RATE YOUR LEVEL IN THE SQUARE  
AND WRITE YOUR THOUGHTS ABOUT**

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**C4**

**RATE YOUR LEVEL IN THE SQUARE  
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**C5**

**RATE YOUR LEVEL IN THE SQUARE  
AND WRITE YOUR THOUGHTS ABOUT**

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**C6**

**RATE YOUR LEVEL IN THE SQUARE  
AND WRITE YOUR THOUGHTS ABOUT**

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**C7**

**RATE YOUR LEVEL IN THE SQUARE  
AND WRITE YOUR THOUGHTS ABOUT**

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**C8**

**RATE YOUR LEVEL IN THE SQUARE  
AND WRITE YOUR THOUGHTS ABOUT**

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